

The Shoppe Publication List

Title No.	Individual Booklets	\$
1	Homemade Toothpastes & Mouthwashes - Natural recipes using simple, cheap ingredients.	8.00
2	Homemade Deodorants: Safe natural sprays & powders	12.00
3	Simple Soap-Making: Basic soap recipe with numerous variations	12.00
4	Making Beeswax Products: Recipes & tips using beeswax as a base	12.00
5	Polishers & Cleaners: For furniture, shoes, floors, general, etc	8.00
6	Making Whitewash: Simple, safe homemade alternative to paint	8.00
7	Herbal Vinegars & Oils: Infusing fresh herbs into vinegar & oil	8.00
8	Uses for Essential Oils: Many uses for natural essential oils	12.00
9	Amazing Bicarb: 70 practical uses for bi-carb soda.	8.00
10	The Humble Lemon: Innumerable uses for lemons (cleaning, personal, culinary)	8.00
11	Making Butter: An old fashioned technique rekindled!	8.00
12	How To Make Do: Kitchen Improviser. Resourceful ideas for saving money	12.00
13	Making Simple Salves & Creams: Step-by-step instructions - beeswax based.	8.00
14	Natural Hair Care: Homemade shampoos, conditioners, rinses, etc.	12.00
15	60 Ways to Recycle a Tin Can: Resourceful & practical ideas	12.00
16	From Waste to Want: 70 ways to recycle kitchen waste	12.00
17	Home Paper Making: Using both recycled paper & plant fibres. Cheaply & easily.	12.00
18	Homemade Glues, Pastes & Putties: Simple and safe recipes	8.00
19	Composting for Beginners: Recycling 'nature's way' - simple to follow	8.00
20	Homemade Insect Repellents & Deterrents: Chemical free and safe options	12.00
21	Safe & Organic Sprays: For garden, home, insect repelling, air-fresheners, etc.	12.00
22	Air-Freshener & Deodorizer Substitutes: Natural alternatives to chemicals.	8.00
23	Green Cleaning: Safe and economical cleaning alternatives for common commercial cleaning products	12.00
24	Back-To-Basics Cleaning: Sensible, environmentally safe cleaning using common household sources	8.00
25	Soap-Making Recipes: Variety of recipes for making soap (follow-on from No. 3)	12.00
26	Beautiful Hands: Natural recipes & suggestions for hand-care	8.00
27	Fantastic Feet: Foot-care the natural way. Recipes & tips.	8.00
28	Home Flour Grinding: Types of grinders, techniques, grains	8.00
29	Making Bread: Basic recipe with variations, includes yeast alternatives	8.00
30	Natural Skin-Care: Recipes and simple alternatives to commercial items	12.00
31	50 Ways to Recycle Newspaper: Lots of clever ideas to save money!	8.00
32	Home-made Envelopes & Other Paper Projects: Ways to recycle computer paper - includes template for envelopes & DVD holders.	8.00
33	Versatile Vinegar: The most useful of household ingredients - numerous safe environmentally friendly uses, includes how-to-make vinegar	8.00
34	Practical Candle-making: Using simple home-based items & equipment	12.00
35	Natural Pet-Care: Home-made pet-food, insecticides, general care	12.00
36	Recycling & Improvising in the Garden: Fertilizers, sprays, repellents, tips	12.00
37	Beautiful Baths: Bath salts, oils, bags and bubble-bath and more	12.00
38	Sweet Scents: Recipes and suggestions for using dried flowers & herbs	12.00
39	Beginners Flower Pressing: Homemade flower press, pressing flowers, uses, etc	8.00
40	Surviving the Hard Times: Coping strategies and inspirational - packed full!	12.00
41	Keeping Hens: For city & country. A simple 8-point plan.	8.00
42	Eggstatic: The many uses for eggs: culinary, cosmetic, health, preserving, etc.	12.00

43	Practical Gifts to Make: Using recycled materials - for the whole family.	12.00
44	Home Hair-Dressing: Cutting, styling, trimming, hair-accessories	12.00
45	Home Distillation of Essential Oils: From plants & flowers - basic procedures	12.00
46	Preserving Without a Preserving Outfit: Simple 5 step process using recycled jars	8.00
47	Making the Most of Your Soap-saver: Alternative to detergents using soap scraps	8.00
48	60 Ways to Recycle Plastic Supermarket Bags: Re-using & recycling	8.00
49	Bringing Back the Beverage: Recipes & alternatives to commercial drinks	8.00
50	Recycling Soap: Using & recycling soap leftovers to make array of cleaning products	12.00
51	Uses for Eucalyptus Oil: Numerous uses - cleaning, deodorising, repellents, healing	8.00
52	Salubrious Sauces: Homemade alternatives to various commercial sauces	8.00
53	Homemade Spice Mixes: Making culinary spice & herb blends Save money!	12.00
54	International Meals on a Budget: Cheap alternatives to expensive meals	12.00
55	Handyman Hints: Recycling & practical alternatives for the handyperson	12.00
56	Lamp Lore: Rekindled skills for lamp-care, usage, wicks, fuel.	8.00
57	Homemade Incense: Making cones, powder and shaped incense	8.00
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59	Caring for Natural Woods & Fibres: Includes cane, canvas, sea grass matting, etc.	8.00
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62	Making Cheese: Cottage, hard, houlimi, goat's, cream cheese & more	8.00
63	Making Play toys from Recycled Materials: Many clever & resourceful ideas!	12.00
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66	Back-to-Basic Pottery: Finding clay naturally, home firing, decorating - all natural	12.00
67	Giving with a Difference: Environmentally friendly gifts with a message	12.00
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70	Homemade Breakfast Cereals: Healthy, cheap & easy alternatives	8.00
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72	Drying Food: Various techniques, types of food, solar-drying, equipment	12.00
73	Food Storage Techniques: Ways to prolong the freshness & usefulness of food	8.00
74	Ways with Fruit: Cordials, jams, conserves, pickling, glaze, chutneys, freezing, etc	12.00
75	Natural Dyes & Colours: For food, fabrics, etc - no chemicals!	12.00
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77	Recycling Rags: Suggestions and instructions for re-using discarded fabric items	12.00
78	Companion Planting Guide: Ideas for the plant placement in the garden	8.00
79	Natural Baby Body Care: Affordable, natural alternatives to commercial products	12.00
80	Uses for Stale Bread: Many recipes, ideas and suggestions - money saver!	12.00
-	Ways With – Lavender - Culinary and personal uses - very versatile plant	12.00
-	Ways With – Roses - Personal, culinary, perfuming, health. Very aromatic	12.00
-	Ways With – Mint - Grows rampantly. You'll be surprised at its many uses	12.00
-	Ways With – Parsley - More than just a culinary herb!	12.00
-	Ways With – Rosemary - The most versatile of herbs – with many uses	12.00
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Air fresheners & Deodorisers – No.'s 22, 34, 38, 57, 8	39.90
Practical Plants – Contains No.'s 7, 45, 61	24.90
Self-Sufficiency Skills - 3, 25, 28, 40, 44, 56	49.90
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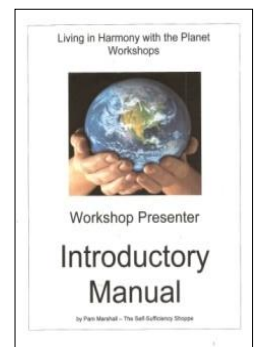
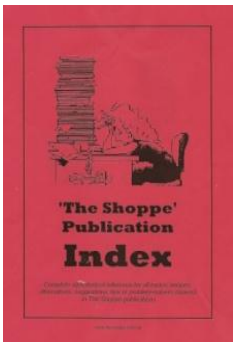
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